

**Enfield Senior Center**  
**299 Elm Street, Enfield, CT 06082**  
**860-763-7425**

**News Release for the Week of November 21, 2016**

**The Country Jamboree** is back! On Friday, December 2 at 6 p.m., celebrate the glory days of country music featuring the sounds of Hank Williams, Patsy Cline, Johnny Cash, Tammy Wynette and more popular country artists. It is like spending the evening at the Grand Ole Opry. Tickets are on sale for \$7 per person and includes a dessert and coffee at the break.

What would you like to know about your computer, tablet or cell phone? Just stop in at 6 p.m. on Tuesday, November 22 for **Questions and Answers with the Tech Expert**. Our knowledgeable volunteer, Andrea, will be on hand to answer questions about Facebook, LinkedIn, Pinterest, cell phones, iPads or just about anything technology related. Drop in!

Our own Enfield Senior Center Goldtones sing their joyful holiday sounds on Sunday, November 27 at 2 p.m. The **Goldtones Holiday Concert** includes traditional holiday music and some new songs. Of course, there will be the annual sing-a-long. Tickets are on sale for \$5 per person and include dessert and coffee after the concert. Doors open at 1 p.m.

Touchpoints at Chestnut is sponsoring a talk about the transitions of care from the hospital to short-term rehab to home. Learn about your choices before you need to make them on Wednesday, November 23, at 1 p.m.

The Rotary Club of Enfield is sponsoring a **Pancake Breakfast** at the Enfield Senior Center on Saturday, December 10 from 8 to 10:30 a.m. Tickets are sold at the door for \$5 per person.

If you are new to the Senior Center, you may want to take advantage of our monthly **Welcome to Enfield Senior Center** tour and talk. Meet in the Senior Center library on Tuesday, December 13 at 10 a.m. to have all of your questions answered.

A new fitness class is starting in January on Thursdays from 1 – 1:45 p.m. beginning January 12 for 7 classes. **Body 360** is for men and women who would like to incorporate stretching, flexibility and balance into one class. Tight muscles contribute to back pain or difficulty performing everyday tasks. Poor balance increases your risk for falls. If you have been inactive due to an injury, are recovering from surgery, or are active and want to stay active, you will want to take this class. The exercises will be standing, in chairs and some mat work. The cost is \$21 for residents and \$28 for non-residents.

Registration for our January-February class session begins with resident registration on Tuesday, December 13 at 8:30 a.m. Non-residents may register one week later.

**SEMINARS**

- **Understanding the Transitions of Care from Hospital to Short Term Rehab to Home** – Wednesday, November 23 at 1 p.m.
- **Myths & Facts about Medicaid** – Wednesday, December 7 at 1 p.m.
- **Way to Go CT** – Wednesday, December 14 at 1 p.m.

## **TRIPS**

Trip flyers are available on our website at [www.enfield-ct.gov/seniors](http://www.enfield-ct.gov/seniors) or can be picked up at the Senior Center.

### **Day Trips**

*Day trips are available for sale on or after the trip sign-up date.*

- **"A Hartford Christmas", Wadsworth Atheneum's Festival of Trees & the Governor's Mansion**, December 2, 2016. Cost: \$94 per person.
- **"Let's Make a Little Christmas", Phil Vassar at Fox Theatre and Foxwoods Casino**, December 7, 2016. Cost: \$90 per person.
- **Beautiful – The Carole King Musical at the Bushnell**, January 21, 2017. Cost: \$149 per person. *Trip sign-up date is November 18, 2016, 10 a.m.*
- **Best of Maple Sugar Season**, March 14, 2017. Cost: \$95 per person. *Trip sign-up date is January 6, 2017.*
- **The Jersey Boys at the Bushnell**, March 23, 2017. Cost: \$99 per person. *There is no sign-up date for this trip. Reservations are being taken at this time.*
- **West Point Dress Parade**, April 29, 2017. Cost: \$101 per person. *Trip sign-up date is February 24, 2017.*

### **Multi-Day Adventures**

*Reservations are being accepted for multi-day adventures.*

- **The Wonders of Italy**, April 25 – May 5, 2017. Cost \$4899 pp/double.
- **Holland, Michigan - Tulip Time**, May 9 – 16, 2017. Cost \$1695 pp/double.
- **Alaska Land & Cruise**, June 11 – 23, 2017. Call the Senior Center for availability and pricing.
- **4-Day Montreal & Quebec City**, August 26-29, 2017. Cost \$779 pp/double.
- **Canadian Rockies**, September 2 – 8, 2017. Cost \$3259 pp/double.
- **Iceland**, October 19 - 25, 2017. Cost: \$2999 pp/double.

Meal reservations can be made by calling 860-763-7428. I can be reached at [slather@enfield.org](mailto:slather@enfield.org), as well. We look forward to hearing from you.